



news and information
for employees of the
City of Saint Paul

July 27th, 2001

In this issue

Hot tips for summer
exercise

Volunteers still needed
for City employee picnic

Harriet Island concerts
this weekend

Mayor

Norm Coleman

Councilmembers

*Dan Bostrom,
President*

Jay Benanar

Jerry Blakey

Christopher Coleman

Patrick Harris

Kathy Lantry

Jim Reiter

City Update

170 City Hall
Saint Paul, MN 55102
editor 651-266-8700
fax 651-266-8689
city.update@ci.stpaul.mn.us
www.ci.stpaul.mn.us/cityupdate

City Update is published bi-weekly
by the Citizen Service Office.
Submission deadline is noon,
Tuesday, one week before payday.



See late summer's beauty from the Highland water tower August 11-12

Saint Paul Water Regional Water Services is pleased to announce the annual summer Open House at the historic Highland Water Tower. The tower doors will be opened from 9 a.m. to 5 p.m., Saturday and Sunday, August 11th and 12th.

This Highland neighborhood landmark is located at the intersection of Snelling Avenue and Ford Parkway. Admission is free and open to the public. You're invited to climb the 151-step staircase inside the tower to the Observation Deck. It offers stunning views of the Highland area, the Twin Cities, and the Mississippi River, providing an excellent opportunity for photographs and a fun family outing. The tower will reopen the second weekend in October for viewing the fall leaves.

The tower, which was designed by Clarence Wigington, was completed in 1928. Wigington, a City of Saint Paul architect from 1915 to 1949, also designed many other important

structures in the area, including the Keller Golf Club (1929), the Saint Paul Public Safety Building (1929-30), Highland Park Pavilion (1932), and Como Park Pavilion (1934). The Highland Tower includes facings of Kasota and Bedford stone and a riveted steel-plate tank with a capacity of 200,000 gallons.

The 127-foot tower is still used today to help supply water in the Highland area. A collection of several original Highland Tower blueprints, many of which bear Wigington's signature, will be displayed inside the tower. Information about water purification and the city's distribution system will also be available.

Utility employees will be on hand to answer questions and provide information about utility services. The Open House is scheduled in conjunction with the Highland Fest, which runs from August 10th through 12th. For more information, contact Water Services at 651-266-6308.

Two blood drive locations open on September 5th

Just think — your one blood donation can help save the life of up to three patients. Want to help?

City & County Blood Drive

Wednesday, September 5, 2001

8:30 a.m.-2:15 p.m.

40 & 42, City Hall & Courthouse

To make an appointment contact Linda Crosby, Human Resources, at linda.crosby@ci.stpaul.mn.us, or at 651-266-6530. Be sure to include your phone number, department and work address in your message.

If you sign up by phone or e-mail,

please do not sign up on the sheet posted in your department.

If you have questions about eligibility for donating blood, you may call the Red Cross at 651-291-3885 to speak with a nurse.

If the Public Works Equipment Garage at 891 North Dale is more convenient for you, call Jean Anderson at 651-488-8348 to make an appointment, or e-mail her at jean.anderson@ci.stpaul.mn.us.

The Equipment Garage drive is also on Sept. 5th. It's in the upstairs Training Room from 8:00 to 1:00.

www.ci.stpaul.mn.us

Places to go. Things to do.

ilovesaintpaul.com

Hot Tips for Summer Exercise

Summer is a great time to get active outdoors and find physical activities that are fun! It takes time to become acclimated to heat; most of the acclimation occurs in the first 3-5 days of exercise in the heat. As a rule, one day of heat acclimation is lost for every three days you don't exercise in the heat. Keep in mind that exercise in the heat requires some special considerations. To get rid of excess body heat, follow these tips for safe summertime activity:

Take it easy. On hot days, slow the pace of your activity or shorten the time you are out in the heat.

Drink lots of water before, during and after exercise. Don't rely on thirst to tell you when to drink. If you wait until you're thirsty, you've probably waited too long. To avoid dehydration when exercising in the heat, consume 12 ounces of water before exercise and 16 ounces for every 20 minutes of exercise.

Eat foods high in moisture (lettuce, watermelon, tomatoes, etc.)

Wear a single layer of loose, lightweight clothing. Cotton is often the coolest because it allows your skin to breathe.

Wear a hat or visor to deflect sun rays.

If possible, exercise during a cooler time of the day, such as early morning or in the evening; avoid outdoor exercise between 11 a.m. and 2 p.m.

Cool down after exercise. Once your finished, walk around for 5 to 10 minutes so that your body temperature can get back to normal.

Wear sunscreen and sunglasses to protect your skin and eyes from the harmful effects of the sun.

Volunteer now for the August 2nd picnic



The 2001 employee picnic will be held on Thursday, August 2nd, at the Como Park East Pavilion, located at Midway Parkway and Horton Street, from 4:30 to 9:00 p.m.

As always, food will be free. Hot dogs and other treats will be served from 5:00 to 7:00.

There will be a prize drawing at 7:30. You can only win if you're there when your name is drawn.

Some of the activities will include games — especially for kids — palm reading by Lorraine Schmidt, and music by Daly Planet.

Saint Paul's own Charlie Brown statue will be on hand, and you can buy raffle tickets to own a Charlie Brown called Lucky Chuck.

Volunteers are desperately needed! And you can help with anything — food, pop, games, registration, or clean-up. If you are able to spare a half-hour of your time, it will be greatly appreciated. Please call Theresa Sullivan at 651-266-8812 to volunteer, or e-mail her at thresea.sullivan@ci.stpaul.mn.us.

Harriet Island this weekend

Come to Harriet Island every Sunday through August 26th for an afternoon of FREE family activities including great music, art and atmosphere. Pack a picnic and spend the afternoon on the island. All activities are scheduled from 1:00-4:00 p.m. weather permitting.

Weekly activities include:

- **Art in the Park with Greta** — Each week children will make a special art project to take home using a variety of art mediums.
- **Inflatable fun for kids** — Join us for jumping fun in an inflatable ride.
- **A variety of local entertainment** sure to please every member of the family
- **Professional face painters** to decorate the rosy cheeks of the children

Here is the entertainment line-up this weekend:

Sunday, July 29

Raymond Yates, 1:00-2:15 PM

An intriguing blend of folk music and jazz ornamented with bits from the folkish end of both country music and rock and roll.

Lojo Russo & Funks Grove, 2:30-4:00 PM

Hear Folkno jazz, a mixture of folk, techno/ambient, jazz and a wee bit o' the Celts. Lojo Russo & Funks Grove offers a lush combination of traditional influences with a modern approach.

City job openings as of July 27th, 2001

Application deadline	Job title	Bi-weekly or hourly salary rate	Exam date
08/02/01	Accountant I	\$1299.30	08/14/01
Open	Clerical Assistant BOE (part-time)	\$9.00 per hr	See Job Ann
Open	IS Information/Technical Analyst I	\$1201.32	See Job Ann
Open	IS Systems Support Specialist I	\$1085.87	See Job Ann
Open	Parks Worker II	\$12.00 per hr	See Job Ann
07/30/01	Senior Workers Compensation Claims Processor	\$1217.89	08/13/01
07/30/01	Workers Compensation Claims Processor	\$948.82	08/13/01
07/27/01	Water Quality Specialist II	\$1553.32	08/02/01

** This is a walk-in-examination. Do not submit a job application before the test.

Note: Call or visit the Office of Human Resources to receive the official job announcement for these positions. Location: 400 City Hall Annex. Phone: 651-266-6500 (TTY/TDD 651-266-6501) or visit the web site: www.ci.stpaul.mn.us/jobopenings. For jobs announced after July 19th, please call our 24-hour job line, 651-266-6502.